

# Dental First Aid

## Following a Head or Mouth Injury:

- Calm the injured person.
- Check to determine the type of injury and refer to the Action Plan.
- If minor bleeding:  
Apply direct pressure with sterile gauze or clean cloth. If bleeding doesn't stop within ten minutes, contact parent and arrange to take child to the emergency room.
- If bleeding profusely:  
Contact parent and arrange for emergency services by an emergency squad or emergency room.

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## ACTION PLAN

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### 1. Knocked Out Permanent (ADULT) Tooth (avulsed tooth)

- Find tooth, but do NOT handle it by the root (hold tooth by the crown).
- If tooth is dirty, rinse gently with tap water—don't scrub or use antiseptic.
- Attempt to gently replant tooth into the socket. Have the child hold in place with a tissue or gauze. If not possible to replant tooth, place tooth in HBSS\* or if unavailable, a glass of cool skim or low-fat milk. If skim or low-fat is not available, use 2% or whole milk.
- If milk is unavailable, place tooth in saline solution. If saline is unavailable, place tooth in saliva by spitting into a cup.
- Place tooth in water only as a last resort. Tooth must not dry out!!
- Contact parent and arrange to TAKE CHILD AND TOOTH TO DENTIST IMMEDIATELY. Replantation within 15-20 minutes is best.

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### 2. Knocked Out Primary (BABY) Tooth

- Primary (baby) tooth should not be replanted. Contact parent and arrange to take child to dentist as soon as possible.

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### 3. Loosened/Chipped Tooth/ Tooth Pushed Into Gums

- Gently clean the area with warm water.
- Do not attempt to move tooth into correct position.
- Contact parent and arrange to take child to dentist immediately.

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### 4. Toothache

- Do not place aspirin on gum tissue of aching tooth (aspirin will burn tissue!)
- Contact parent and arrange to take child to dentist as soon as possible.

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### 5. Injury To Lips, Tongue, Cheek

- Rinse affected area with warm water.
- Place cold compress over area to minimize swelling.
- If injury is due to a fall or if tooth is chipped, contact parent and arrange to take child to dentist immediately. (Foreign matter lodged in lip may cause infection.) Also, see #3 above.

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### 6. Broken Or Dislocated Jaw

- Immobilize jaw by placing a scarf, necktie, or towel under the chin tying the ends on top of the head.
  - Contact parent and arrange to take child to emergency room immediately.
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